

Clues Continued...

**Look and listen to the world around you. What is moving slowly?
What is moving quickly?**

- H. Head back up the stairs.
The bench becomes a refuge.
Stop and take a rest.



"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be ..." – Anne Frank

Sit quietly for as long as you wish. Take in the sights, smells, and sounds all around you.

Now turn to your left
and continue on the loop,
walking past the stairs.

When you see a sign
on the trail, you must keep left.
Right will lead you wrong.

Keep stepping further.
A sign marks the trail loop end.
Now you should go right.

Back the way you came,
carefully crossing the road
into the forest.

At the bridge with rails,
scan below first post on right.
Look inside the box.

No one should see you!
Use the stamp and sign the log.
Re-hide. Back to start.

Tranquility is when
calm from the world outside
brings us peace within.



This quest and map were created by Volunteer Dennis Babb of Cuyahoga Valley National Park. Volunteer Hedy Jones of Cuyahoga Valley National Park drew the illustrations.

How to Quest

Quest clues and maps—created by teachers, volunteers, and/or park staff—will help you discover the natural and cultural gems of the Ohio & Erie Canalway. At the end of each quest is a hidden treasure box. Sign your name in the logbook, stamp this page, and return the box to its hiding place.

STAMP HERE

**The questing season runs from
April 15 through November 15.**

Notice a problem or have suggestions for improving this quest? Contact Arrye Rosser at 440-546-5992 or arrye_rosser@nps.gov.

About This Program

I'm Arrye Rosser, interpretive and education specialist at Cuyahoga Valley National Park. I'd like to thank everyone who helped fulfill my dream of bringing questing to Ohio. This project was made possible by the generous support of a 2010 Parks as Classrooms grant from the National Park Service and is a partnership between many organizations.

So far, more than 100 teachers, volunteers, and park staff have been involved in writing and field testing Canalway Quests. Our plan is to create many more in the years ahead. If you would like to volunteer, contact me at 440-546-5992 or arrye_rosser@nps.gov.

Special thanks to Emily Bryant and Steven Glazer.

The Ohio & Erie Canalway celebrates the rails, trails, landscapes, towns, and sites that grew up along the first 110 miles of the canal that helped Ohio and our nation grow.

For more information and to get copies of other quests, visit ohioanderiecanalway.com and search under Activities for Questing.



SUMMIT COUNTY SECTION
CUYAHOGA VALLEY NATIONAL PARK
VIRGINIA KENDALL



Pine Grove Trail. © JERRY JELINEK

Canalway Quest

Tranquility Quest

A quiet, calming hike through the woods to bring you peace within.



Planning Ahead

This treasure hunt takes about 75 minutes, but you may wish to linger longer. It is a moderate walk on an unpaved trail. There are stairs in several places. Trail conditions are often muddy. You will need a pen or pencil to sign the logbook. Some people prefer using their own signature stamp. Insect repellent and drinking water are recommended during warm weather. Octagon Shelter has public restrooms.

To improve your experience, we recommend silencing your cell phone and speaking only when necessary. This quest is not recommended for large groups or high-spirited children.

Getting There

Start at Octagon Shelter, Truxell/Kendall Park Road, 1.5 miles west of Akron Cleveland Road, Peninsula 44264. Park in the highest level of the lot, at the back by the kiosk.

Clues

- A. Start at the kiosk.
Pine Grove Trail will be your path.
A quest in haiku!

Silence is your goal
as you walk along the path—
time to decompress.

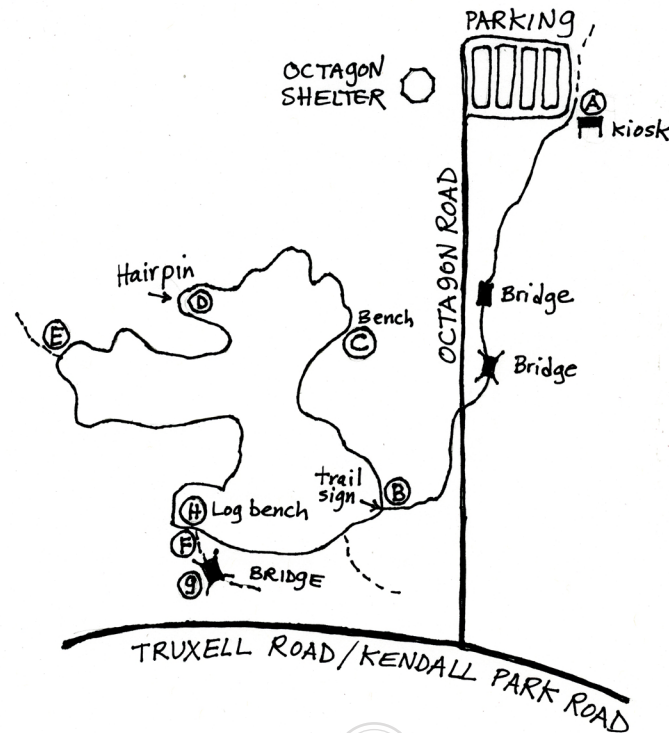
Cross the road with care.
Remember to look both ways.
Proceed with caution.



- B. Climb up all the stairs
And continue down the trail.
Stop at trail loop sign.

"Tranquility is the peace you find when you put aside the distractions of life to focus on what makes you all that you are." – Wes Fessler

Head right on the loop
and take a walk through the pines.
Breathe in nature's scent.



As you walk along,
try to make your pace slower.
Don't be in a rush.

- C. Be patient and calm.
You will see a quiet bench.
Stop and take a seat.

"Everybody needs beauty as well as bread, places to play and pray in, where nature may heal and give strength to body and soul." – John Muir

As you look around, focus on the thing that your eyes find most pleasing.

Continue making
your way along the trail while
nature surrounds you.



As you slowly walk
the trail makes some twists and turns,
moving you along.

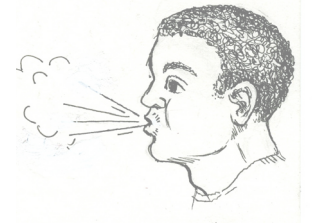
- D. The trail swings sharply
to the left, a hairpin turn.
Find a log and sit.

"The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature." – Joseph Campbell

Breathe in deeply through your nose for a slow count of four, filling your lungs. Hold that breath for a count of five. Slowly exhale out your mouth for a count of seven. Repeat three more times.

As you continue
along the path, notice the
ravine to your right.

Pine trees soon surround
the trail on every side,
standing straight and tall.



- E. Next along the path,
an intersection appears.
When you get there, stop.

"All the principles of heaven and earth are living inside you ... Everything in heaven and earth breathes. Breath is the thread that ties creation together." – Morihei Ueshiba

At our last stop we focused on our breathing; now focus on the breath of the world. Listen carefully, what do you hear?

Staying on the loop,
proceed ahead, keeping left—
a journey inward.

The trail twists and turns,
going down and climbing up,
as it moves you on.



- F. In time, a log bench
appears on your left. Pass by.
Stop where the trail forks.

"Faith is taking the first step even when you don't see the whole staircase." – Martin Luther King, Jr.

Take a deep breath and continue.

- G. Go right, down the stairs,
carefully taking each step.
Pause halfway on bridge.

"Walking takes longer ... than any other known form of locomotion except crawling. Thus it stretches time and prolongs life. Life is already too short to waste on speed." – Edward Abbey